

VIRGINIA NATIONAL GUARD FAMILY PROGRAM



STAY INFORMED WITH THE FACTS

Valid National Sources

The CDC has issued guidance on COVID-19

- "What you need to know"
- Community Resources
- Latest Updates. (Coronavirus.gov)

The President's 15 Day Coronavirus Guidelines

- www.whitehouse.gov/

World Health Organization

- www.who.int/en

Valid State Sources

Virginia Department of Health

- **VDH COVID-19 hotline at 877-ASK-VDH3**
- Coronavirus Fact Sheets
- Guidance for businesses/events
- Guidance for Schools/Educational Institutions
- www.vdh.virginia.gov/coronavirus/

Virginia Department of Education

- Information on Closures
- News & Announcements
- www.doe.virginia.gov/

VIRGINIA NATIONAL GUARD FAMILY ASSISTANCE CENTERS

National Guard
Family Assistance



Virginia Family Assistance Centers are operational and taking calls. Please reach out if you are in need of any information or assistance. We are currently not offering any in person assistance due to ongoing COVID-19 concerns.

- Resource & Referral
- Tricare
- ID Cards / Deers
- Financial Assistance & Education
- Emergency Financial Assistance
- Community Resources
- Crisis Intervention
- Legal Resource Referral
- Emergency Family Assistance
- EFMP

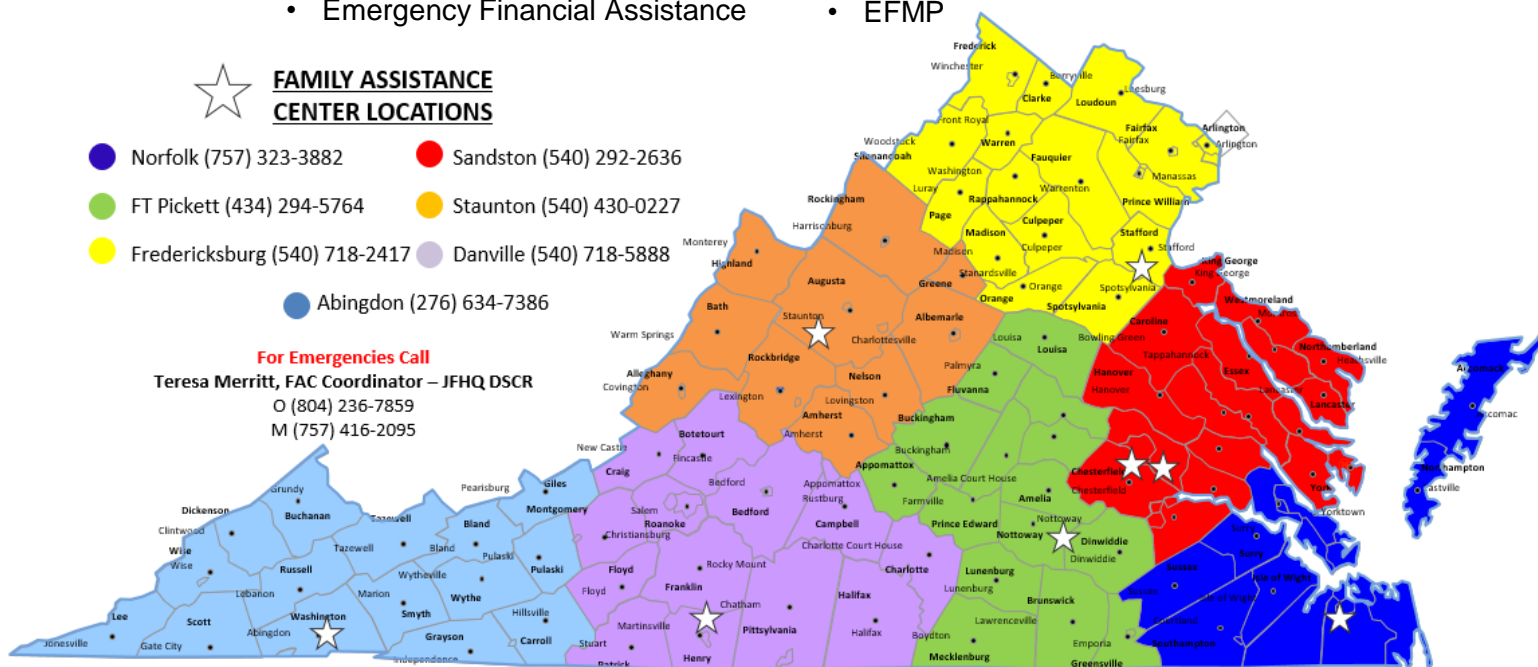


FAMILY ASSISTANCE CENTER LOCATIONS

- Norfolk (757) 323-3882
- Sandston (540) 292-2636
- FT Pickett (434) 294-5764
- Staunton (540) 430-0227
- Fredericksburg (540) 718-2417
- Danville (540) 718-5888
- Abingdon (276) 634-7386

For Emergencies Call

Teresa Merritt, FAC Coordinator – JFHQ DSCR
O (804) 236-7859
M (757) 416-2095



PERSONAL FINANCIAL COUNSELOR VIRTUAL SUPPORT

Virginia National Guard Personal Financial Counselors Ray Yon and Steve Cook are providing virtual support to Service Members and Families.

Stephen Cook
Lynchburg, VA
Personal Financial Counselor
(540) 360-5752

Ray Yon
Richmond, VA
Personal Financial Counselor
(703) 635-9853

SCHOOL MEAL SERVICES

The USDA has approved a request from Virginia to allow meal service during school closures to minimize potential exposure to the coronavirus. Please contact your local school district for more information on these meal services. (USDA Source)

- www.doe.virginia.gov/

CHILD CARE FEE ASSISTANCE INFORMATION

Army Child Care Fee Assistance was created to provide authorized Reserve and Active Duty personnel assistance in locating, selecting, and offsetting the cost of civilian child care when on-base child care is not available or a viable option for the service member and their family. The programs available through CCAoA provide subsidies for eligible military dependents enrolled in quality commercial child care programs throughout the United States.

Eligibility

Active Duty/Deployed Active Duty
Guard/Reserve activated under Title 10 or Title 32 Federal orders
Guard/Reserve activated deployed under Title 10 or Title 32 Federal orders
Army Civilians
Guard Technicians/Reserve Technicians

1(800) 424-2246 | www.childcareaware.org/

HOW DO I KNOW WHAT CHILD CARE CENTERS ARE OPEN/AVAILABLE?

Child Care Aware(CCA) of Virginia partners with Child Care Aware of America to ensure that centers around the Commonwealth meet the quality standards for Fee Assistance.

CCA of VA can also let you know what centers in your area might be closed due to corona virus. Contact them with the information below.

To contact your local Child Care Resource Center, please call 866-KIDS-TLC

vachildcare.com/

Or leave a voicemail at 804-612-0310

RESOURCES

Q&A Link for Unemployment Claims due to COVID-19

- www.vec.virginia.gov/qa-coronavirus

Spectrum – Free Internet for 60 days for new customers & extensions on current customers.

- <https://www.syracuse.com/coronavirus/2020/03/coronavirus-spectrum-to-offer-free-high-speed-internet-to-households-with-students.html>
- 877-906-9121

Small Business Guidance & Loan Resources

- www.sba.gov/

Food Pantries:

- www.foodpantries.org/st/virginia
- www.freefood.org/s/virginia
- www.feedingamerica.org/
- www.feedmore.org
- www.cccofva.org

TRANSITION ASSISTANCE SERVICES

Our Transition Assistance Advisor is available to answer any questions regarding the VA Hospital or Veterans Benefits.
Dorian Bell - VA Transition Assistance Advisor (TAA) - 804-236-7860 - dorian.m.bell.ctr@mail.mil

Virginia Veterans Services Foundation – 804-225-4748

Virginia American Legion - 804-353-6606

Virginia Dept of Veteran Services - <https://www.dvs.virginia.gov/>

Virginia Veterans of Foreign Wars - 540-886-8112

McGuire VA Medical Center Nurses Call Center - 804-675-5542

Hampton Roads VA Medical Center Medical Advice - 866-544-9961

Salem VA Medical Center Primary Care Number - 1-540-982-2463



Virginia National Guard Family Programs
Vickie Sais - State Family Program Director
804-236-7909 | vickie.l.sais.civ@mail.mil

ADDITIONAL RESOURCES

Military One Source - Coronavirus information for our military community.

- www.militaryonesource.mil/

MANAGING STRESS

Center for the Study of Traumatic Stress (CSTS) – Fact sheets and other valuable information related to the COVID19 Outbreak.

- “Helping Homebound Children During the COVID19 Outbreak”
 - **PDF LINK:** https://www.cstsonline.org/assets/media/documents/CSTS_FS_Helping_Homebound_Children_during_COVID19_Outbreak.pdf
- “Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks”
 - **PDF LINK:** https://www.cstsonline.org/assets/media/documents/CSTS_FS_Corona_Taking_Care_of_Your_Family.pdf.pdf

EDUCATIONAL RESOURCES FOR YOUTH

Amazing Educational Resources – Huge list of sites & resources

- <http://amazingeducationalresources.com/>

Cosmic Kids Yoga

- <https://www.youtube.com/user/CosmicKidsYoga>

Turtle Diary – Educational, Online Games for Kids

- <https://www.turtlediary.com/>

Scholastic Study Jams

- <http://studyjams.scholastic.com/studyjams/>

Brainpop

- www.brainpop.com/socialstudies/culture/stpatricksday

Switcheroo Zoo

- www.switcheroozoo.com

Freedom Homeschooling – Virtual Field Trips

- <https://freedomhomeschooling.com/virtual-field-trips/>

NASA Image and Video Library

- <https://images.nasa.gov/>

Read, Write, Think - free lesson plans, complete with material lists, for youth of various ages.

- **LINK:** <http://www.readwritethink.org/parent-afterschool-resources/activities-projects/take-virtual-field-trip-30290.html?main-tab=2#tabs>

Seussville.com is dedicated to the parents of small ones.

- **LINK:** <https://www.seussville.com/> (click on the ‘Parents’ tab to access resources and activities)

Continued...

Scholastic - lesson plans for youth of all ages.

- **LINK:** <https://www.scholastic.com/teachers/lessons-and-ideas/>

STEM/STEAM LEARNING ACTIVITIES

- **LINK:** <https://thestemlaboratory.com/stem-activities-for-kids/>

- **LINK:** <https://www.sciencebuddies.org/stem-activities>

- **LINK:** <https://stemactivitiesforkids.com/>

- **LINK:** <https://theeducatorsspinonit.com/stem-activities-for-kids/>

VIRTUAL AND DIGITAL ACTIVITIES, TOURS AND RESOURCES

Animal Cameras

- **LINK (San Diego Zoo):** <https://zoo.sandiegozoo.org/live-cams>
- **LINK (Monterey Bay Aquarium):** <https://www.montereybayaquarium.org/animals/live-cams>
- **LINK (Panda Cam Zoo Atlanta):** <https://zooatlanta.org/panda-cam/>
- **LINK (Houston Zoo Cams):** <https://www.houstonzoo.org/explore/webcams/>

Colonial Williamsburg (webcams)

- **LINK:** <https://www.colonialwilliamsburg.org/webcams/>

Ellis Island

- **LINK:** <http://teacher.scholastic.com/activities/immigration/webcast.htm>

Farm Food 360 (virtual cameras)

- **LINK:** <https://www.farmfood360.ca/>

Google Maps

- **LINK:** https://www.google.com/maps/@40.7489468,14.4848331,3a,75y,228.21h,78.56t/data=!3m6!1e1!3m4!1s1e-bu_kis-dL1BnVGZhDdw!2e0!7i13312!8i6656?hl=en

Louvre Online Tours

- **LINK:** <https://www.louvre.fr/en/visites-en-ligne>

Seattle Symphony (Listen to Music)

- **LINK:** https://seattlesymphony.org/watch-listen/beyondthestage/live-broadcasts?fbclid=IwAR11aQ8il5p-NDDeWh58u0yUNCX2c3_Lo69jITdHrJI40VedvwrZu6c3NvM

Smithsonian National Zoo

- **LINK:** <https://nationalzoo.si.edu/webcams>

Travel and Leisure (Virtual Museum Tours)

- **LINK:** <https://www.travelandleisure.com/attractions/museums-galleries/>

DISCLAIMER: The links listed on this page are not associated with the Virginia National Guard. This information is intended to assist families with resources and referrals and is not an endorsement of any one source.